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 Open Enrollment  
 Information Coming  
 Soon!  
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# Employee News



How often should you  
 get an eye exam?

Age	Frequency
Birth to 24 months	At 6 month of age
2 to 5 years old	At 3 years of age
6 to 18 years old	Before first grade & every two years after that
18 to 60 years old	Every two years
61 and older	Annually

## More Than 75% of Americans Require Vision Correction

**When was your last eye exam?** Eye exams can help catch eye diseases early—increasing your chances of maintaining good eye health for all stages of life!

To help maintain your eye health: Eat Healthy, Don't Smoke, Get Regular Exercise, Wear Sunglasses, and **Get Eye Exams**.

Locate a Surency Vision provider near you by calling 866.818.8805, going to [surency.com](http://surency.com) or downloading the mobile app.



With the **Surency Vision** mobile app you can:  
 Find a doctor, Check your eligibility, Check claim status, Order replacement contact lenses, Access your mobile ID card, And More!  
 To download the mobile app, search the Apple App Store or Google Play (Android) for **Surency Vision**.



**Watching Your Responsibility as a Health Plan Member** - Follow the Explanation of Benefits to the Bill from your provider to make sure that provider write-offs are taken and you are paying your member responsibility.

- **Deductible** means the initial amount of allowable charges for covered services to be paid by you before benefits can be provided for a covered service. Amounts applied toward the deductible are accumulated until a specified dollar maximum has been reached.
- **Coinsurance** a portion of the Allowed Amount payable by you based on a percentage.
- **Out of Pocket Maximum** is the annual limit of member responsibility. Payment for deductible, coinsurance, co-payments accumulated on covered services. When the amount of out of pocket paid by you reaches the maximum, covered services are paid at 100% of the allowable amount for the remainder of the calendar year.
- **Copayment or Copay** means a fixed monetary amount that is paid by you each time a specific covered service is received. (Ex. Primary Care Provider, Specialist or Emergency Room).

\*\*\*\*\*During the week of September 26<sup>th</sup>, 2016, the State Employee Health Plan will post all open enrollment materials for Plan Year 2017 on our website at [www.kdheks.gov/hcf/sehp.htm](http://www.kdheks.gov/hcf/sehp.htm).

To receive printed materials can go to [www.surveymonkey.com/s/OEmaterials](http://www.surveymonkey.com/s/OEmaterials) and complete the required fields by 07/22/2016 to be added to the mailing list.

How to Choose The Right Toothbrush For You

Unfortunately, the wrong tooth brush can damage your gums and lead to tooth decay. Luckily, finding the right one is easy! The best toothbrush is one that you will use twice a day to get rid of harmful plaque.

- **Size:** Your brush should allow you to reach all areas easily. Regular-sized brushes are ideal for most adults.
- **Manual or Electric:** The choice is yours—just make sure you can reach everywhere in your mouth with the brush.
- **Soft or Hard:** Hard bristles can actually hurt your gums and erode enamel on your teet, so stick with “soft” bristles for best results.
- **Time for a Change:** Replace your brush about every 3 months, or sooner if bristles become bent.

**Members,** use the Delta Dental of Kansas Wellness Connection to explore LifeSmile oral health topics, tips, and resources—Login to [Deltadentalks.com](https://deltadentalks.com) to learn more.



**A Qualified High Deductible Health Plan (HDHP)** is a great method to save money on your medical expenses by becoming more involved and informed on your health care costs. Your Health Savings Account (HSA) or Health Reimbursement Account (HRA) are available for assistance on medical services as well as pharmacy drug costs.

Qualified and Nonqualified HSA Services

Qualified medical expenses may include:	Nonqualified medical expenses may include:
<ul style="list-style-type: none"><li>• Acupuncture</li><li>• Alcoholism treatment</li><li>• Ambulance</li><li>• Breast reconstruction surgery (mastectomy-related)</li><li>• Chiropractor</li><li>• Contact lenses</li><li>• Dental treatment (X-rays, fillings, braces, extractions, etc.)</li><li>• Diagnostic devices (such as blood sugar test kits for diabetics)</li><li>• Doctor’s office (including physicians, surgeons, specialists or other medical practitioners) visits and procedures</li><li>• Drug addiction treatment</li><li>• Eyeglasses and exams (for medical reasons)</li><li>• Eye surgery (such as laser eye surgery or radical keratotomy)</li><li>• Hearing aids (and batteries for use)</li><li>• Hospital services</li><li>• Laboratory fees</li><li>• Nursing home</li><li>• Operations/surgery (excluding unnecessary cosmetic surgery)</li><li>• Osteopath</li><li>• Physical Therapy</li><li>• Prescription Drugs</li><li>• Psychiatric care</li><li>• Speech Therapy</li><li>• Stop-smoking programs (including nicotine gum or patches)</li><li>• Vasectomy</li><li>• Weight-loss program (to treat a specific disease diagnosed by a physician)</li></ul>	<ul style="list-style-type: none"><li>• Advance payment for future medical care</li><li>• Amounts reimbursed from any other source (such as other health coverage or a Flexible Spending Account)</li><li>• Betting (including lottery, gaming, chips, or track wagers)</li><li>• Cosmetic surgery (unless due to trauma or disease)</li><li>• Diaper service</li><li>• Electrolysis or hair removal</li><li>• Gasoline</li><li>• Household help</li><li>• Illegal operations and treatments</li><li>• Maternity clothes</li><li>• Nutritional supplements</li><li>• Teeth whitening</li><li>• Weight loss program (unless prescribed to treat a specific disease)</li></ul>

Remember when you use your HSA card to keep your receipts/bills. It is important to save documentation for your records in case the IRS would request it from you. For a complete list of all IRS requirements visit <https://mycdh.optum.com/pdf/p969-2014.pdf>.

## Using your Lab Card benefit is Easy

- When your physician orders lab work for you show your Quest card and verbally request to use the program
- ANY physician can use Quest services by calling Client Services at 1-800-646-7788 for courier pick-up and supplies
- If your physician does not participate with the Lab Card program, take your test order to an approved Lab Card collection Site for the draw. The locations can be found by calling Lab Card Client Services or by visiting LabCard.com.
- **Quest does not cover inpatient lab work. Visit Labcard.com for more information**



CBIZ Wellbeing Insights

## Introducing the new Rx Saving Solutions user portal!

Discover a simpler way to save. Our redesigned portal features several updates designed to maximize savings on your prescription costs. From personalized, proactive alerts via email to step-by-step instructions, we're making it easier to save you money.

## WE'VE GOT A NEW LOOK



**Rx Savings Solutions**

## Mindful Minute

When our positive emotional experiences outnumber the negative 3-to-1, we reach a critical emotional 'tipping point.' This concept is referred to as the positivity ratio. A positivity ratio of at least 3-to-1 is predictive of human flourishing or optimal wellbeing. It's normal to have a tendency to focus on the negative, so this month we've got a simple way for you to increase your positive emotions by acknowledging the positive things happening in your life.

**Several times a day, check in with yourself and ask: "What's going right for me, right now?"**

This simple prompt can be used to help you cultivate optimism, minimize the time you spend ruminating on things which are out of your control and find gratitude in the mundane. Even if you forget to ask yourself during the day, use this prompt to reflect before you go to bed by acknowledging one good thing that happened that day – even if it's as simple as having a good hair day or a stranger smiling at you.

If you aren't currently utilizing this benefit, now is a great time to start. Join your colleagues who are realizing significant savings on the medicines they take every day. Rx Savings Solutions is like having a personal pharmacist show you how to get your medications for less. Sign-up and start saving using the online tool today!

<https://portal.rxsavingsolutions.com/auth/login>

**Alerts:** Using state-of-the-art drug pricing software and a proven, patented algorithm, personalized saving alerts now provide you with even more options to save.

**Search:** The new search tool dispenses real time savings at the pharmacies closest to you with easy to follow step by step instructions to help you realize your savings.

**Concierge:** Assistance from Certified Pharmacy Technicians is available Monday—Friday from 7AM—7PM at 1-800-268-4476.

\*\*\*\*Flu Clinic Information Coming Soon!\*\*\*\*

\*\*\*\*Clinics will run September 1st—October 31st at various agencies across the state.\*\*\*\*



# Kiwi Salsa with Cinnamon Tortilla Chips



## Ingredients:

2 cups pineapple, chopped  
2 red peppers, chopped  
3 kiwi, peeled and chopped  
1 small red onion, chopped  
1/4 cup chopped cilantro  
1 tablespoon lime juice  
A dash of cayenne pepper

## Directions:

Mix all ingredients. Chill and serve.

## Ingredients

10 10-inch low fat, flour tortillas  
Butter flavored cooking spray  
2 cups cinnamon sugar

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit salsa.

**THE AMERICAN HEART ASSOCIATION RECOMMENDS**

4-5 SERVINGS of fruits and vegetables each per day.

**1**

Don't wash, cut or peel until you're ready to eat (except lettuce and greens).

**2**

Always refrigerate cut or peeled produce.

**3**

Fridge temperature should be at 40° F or below.

**KEEP THEM APART:**

Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.

Store vegetables and fruits separately.

Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

**PANTRY**

Pack away in a cool, dark place like your pantry or cellar:

<b>ONIONS, GARLIC &amp; SHALLOTS</b>	<b>SWEET POTATOES, POTATOES, &amp; YAMS</b>
<b>HARD SQUASH</b>	<b>WATERMELON</b>
<small>(Winter, Acorn, Spaghetti, Butternut)</small>	

**COUNTERTOP**

Store loose and away from sunlight, heat and moisture:

<b>BANANAS</b>	<b>STONE FRUIT</b>
<b>CITRUS FRUIT</b>	<b>TOMATOES</b>
<small>Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.</small>	<small>Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.</small>

**REFRIGERATOR**

Store in plastic bags with holes, in your produce drawer, unless noted:

<b>APPLES &amp; PEARS</b>	<b>FRESH HERBS</b>
<b>BEETS &amp; TURNIPS</b>	<small>Except basil. Keep stems moist and wrap loosely in plastic.</small>
<small>Remove greens and keep loose in the crisper drawer.</small>	<b>GREEN BEANS</b>
<b>BERRIES, CHERRIES &amp; GRAPES</b>	<b>LETTUCE &amp; LEAFY GREENS</b>
<small>Keep dry in covered containers or plastic bags.</small>	<small>Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.</small>
<b>BROCCOLI &amp; CAULIFLOWER</b>	<b>MELONS</b>
<b>CARROTS &amp; PARSNIPS</b>	<b>MUSHROOMS</b>
<small>Remove greens.</small>	<small>Keep dry and unwashed in store container or paper bag.</small>
<b>CELERY</b>	<b>PEARS</b>
<b>CORN</b>	<b>ZUCCHINI &amp; SUMMER/YELLOW SQUASH</b>
<small>Store inside their husks.</small>	
<b>CUCUMBERS, EGGPLANT &amp; PEPPERS</b>	
<small>Store on the upper shelf, which is the warmer part of the fridge.</small>	

**Get Fresh**

**WITH FRUITS & VEGETABLES**

Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.